

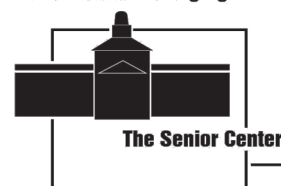
# COMING OF Age

Your Center for Connection

Published Bi-Monthly  
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City of Newton  
Department of Senior Services

Newton Council on Aging



Newton Senior Center ■ 345 Walnut Street ■ Newtonville, MA 02460 ■ 617-796-1660 ■ [www.newtonseniors.org](http://www.newtonseniors.org)

## September - October 2015

*Join us for this fall for innovative brain wellness programming!*

### Are you interested in



### stimulating your brain while making new friends?

Did you know that the Alzheimer's Association recommends memory exercises, puzzles, and games as a way to keep your brain active and possibly prevent Alzheimer's and vascular dementia? The Newton Senior Center is introducing the award-winning, scientifically-based "Vigorous Mind" brain wellness platform and we are seeking seniors to mentor other seniors wishing to maintain their brain wellness. The program includes brain exercises to train memory, thinking, verbal and visual skills as well as fun stories about music, animals, events, trivia, word games and much more. If you can use computers, we will train you in three one-hour sessions (geared towards senior learners!) in October. Then, you will spend an hour or two each week teaching a fellow senior. For questions, or to sign up, contact Ilana at 617-796-1670 or [ilevine@newtonma.gov](mailto:ilevine@newtonma.gov)

### Save the date! Brain Wellness Lecture Series

You don't want to miss this great series. Participants in last year's series said the instructor "did an excellent job presenting the material;" is "highly

knowledgeable and speaks with great clarity;" and one participant said, "I benefitted so much from the well-organized classes and your excellent delivery and I am working hard on all your ideas!" The series will run on 6 Fridays: November 6<sup>th</sup>, November 13<sup>th</sup>, November 20<sup>th</sup>, December 4<sup>th</sup>, December 11<sup>th</sup>, and December 18<sup>th</sup>, 1:30-3:00 p.m. \$50 for 6-week series. Please view our November/December newsletter for details on how to register, or register early by contacting Ilana Levine at 617-796-1670 or [ilevine@newtonma.gov](mailto:ilevine@newtonma.gov)

### Stay Mentally and Socially Active at the Newton Senior Center!

Mentally challenging activities, such as learning a new skill or adopting a new hobby, may have short and long-term benefits for your brain. To keep your mind active, it is important to participate in activities that expose your mind to new topics. Social engagement is also important, and is associated with reduced rates of disability and mortality. Remaining socially active may support brain health and possibly delay the onset of dementia.\*

You can stay mentally challenged and socially engaged by participating in the Newton Senior Center's many activities, including lectures, concerts, community and support groups, classes, and educational trips. Learn something

new, keep your brain active, and have a great time while doing it—join us at the Newton Senior Center this fall!

\*Alzheimer's Association, "Stay Mentally and Socially Active" on [alz.org](http://alz.org)

*We're all walking for the next generation! We all have a reason to end Alzheimer's! Please join us!*

### Sign up for the 2015 Walk to End Alzheimer's

Sunday, September 27<sup>th</sup>, 8:30 a.m.  
Paul Revere Park in Charlestown



Join the 'Newton Senior Center' team, be a 'virtual' walker or create

a team to honor a loved one or recognize a caregiver. Every effort counts and together we can help those most affected by this disease and move toward our vision of a world without Alzheimer's! Register to join Newton Senior Center team:

- [Act.alz.org/greaterboston](http://Act.alz.org/greaterboston)
- Click 'Register' navigation button; Click 'Join a team.'
- Type 'Newton Senior Center'

Contact Jayne Colino for a paper application form, if preferred. For more info: [Arlene.lowney@gmail.com](mailto:Arlene.lowney@gmail.com), 'Community of Newton' Team Captain

Please join the Mayor's 3rd annual "WALK" Reception, Monday, September 21<sup>st</sup>, 6:00 p.m. at Newton City Hall. We'll "paint Newton purple" and light refreshments will be served.

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## Veteran's Center

### Veteran's Center

Tuesday, September 1st, and  
Tuesday, October 6th, 5:00-8:00 p.m.

Newton Senior Center, 345 Walnut Street,  
Newtonville

Veterans and their families are welcome to come and socialize with fellow veterans, enjoy some refreshments and get information about benefits, healthcare, employment and housing.

Residents 60+ can use yellow voucher transportation.

September's guest speaker will be Tommy Amaker, Head Coach of the Men's Basketball team at Harvard University, beginning at 6:30 p.m.



## Programs

### Genealogy: Researching your Ancestors

Tuesday, September 29th, 2:00-3:00 p.m.

There are many resources available to you in your hunt for your ancestors. Did you know reference books and other research materials can save you time? What about local resources? Are they important? How do you find them? How much is in hard copy and how much research can you do from your computer? What can you find online to research individuals? This class, offered by the Newton Free Library, will help answer these questions. Space is limited to 14 people. **Register with the Front Desk at 617-796-1660. Free.**

### Facebook 101

Friday, October 2nd, 1:00-2:00 p.m.

Do you not have a Facebook, or do you have one but don't really know how to use it? This class, offered by the Newton Free Library, will go over Facebook basics to help you get started connecting with family and friends online. **Register with the Front Desk at 617-796-1660. Free.**



## Senior Center Notes

### Alderman Constituent Hours at the Newton Senior Center

*Alderman Vicki Danberg* (Ward 6)

Thursday, September 10th and Wednesday, October 14th, 10-11am

*Alderman Emily Norton* (Ward 2)

Fridays, September 25th and October 30th, 9-10am

### Dialogue with the Director

Join Jayne Colino, Director of Senior Services, for an informal discussion at the following times:

Friday, September 18th at noon and Friday, October 30th at noon

### Senior Center Meals

Lunch Monday-Friday, 11:45 a.m.  
To reserve call 617-796-1660 by 11:00 a.m. the previous day. A voluntary donation of \$2.00 is suggested per meal. *Springwell makes these lunches possible.*

**Holiday Closures** The Newton Senior Center will be closed on Monday, September 7th in celebration of Labor Day, and on Monday, October 12th in celebration of Columbus Day.

### Did you order a Senior Center Member Card?

– Please pick it up at the Front Desk! (They take two weeks to arrive after you hand in your member application).



**Election Day Notice** The Newton Senior Center is a voting location for the Primary Election on Thursday, Sept 17th, and for the General Election on Tuesday, November 3rd. Programs that take place on the main level, including fitness classes, will be cancelled on these dates. **Please remember to vote!**



## Support Groups

### Caregiver Support Group

Tuesday, September 15th and Tuesday, October 20th  
1:30-3:00 p.m. (first half hour Meet & Greet)

Open to all family caregivers of seniors. Learn from and share with other participants who are caring for an elderly family member. The goals of the group are to provide each other with support, learn about resources, and share ideas. Space is limited to 14 people. **Register with Case Manager Emily Kuhl at 617-796-1672. Free.**

### Clutter Information Group

Monday, October 5th, 6:00-7:30 p.m.

Is the clutter in your house getting in your way? Do you have a family member who struggles with having too much stuff? Come learn about the underlying reasons for the accumulation of clutter and some strategies for getting organized. Sponsored by Riverside Community Care and the City of Newton. **Pre-registration not required.** Please contact Patty Underwood, LICSW at 617-969-4925 or Rachel Nenner-Payton, 617-796-1282 for more information.

**Program Updates** are available at [www.newtonseniors.org](http://www.newtonseniors.org)  
View our home page for daily cancellations and changes!

**Disclaimer** We thank the advertisers featured in this newsletter for their support. They make the printing of the *Coming of Age* possible. The Center does not specifically endorse any service or product advertised herein.

## Oil Painting Workshop

3 Thursdays: September 3rd, 10th, 17th,  
9:00 a.m.-noon

\$50 (all materials included)

Oil painting is the traditional "first-approach gateway" for all fine arts painting; painting a simple still life provides the artist a chance to practice and learn basic fundamentals. Learn from David Wenstrom, who studied at the R.H. Ives Gammell Studios in Boston and teaches at the Cambridge Adult Ed program. Space is limited to 6 participants. **\$50. Register with Ilana Levine at 617-796-1670 or ilevine@newtonma.gov.**

## Vietnam Today: through a Veteran's Eyes

Tuesday, Sept 8<sup>th</sup>, 1:00-2:00 p.m.

Join us for a talk by Donald Liberte, a Vietnam War Veteran who returned to Vietnam recently and took fascinating photos of his experience. Learn about the history of Vietnam and conflicts between other countries, his experience coming back after war, and a video/slideshow of going back to visit. Donald was a member of the 69<sup>th</sup> Combat Engineers in Vietnam and he is the current Treasurer of American Veterans of Foreign Wars Post 51. **Register with the Front Desk by calling 617-796-1660. Free,** thanks to The Falls at Cordingly Dam in Newton (Benchmark Senior Living).

## Living and Aging in Newton Library Series

Thursday, September 10th,  
and Wednesday, October 14th,  
7:00-8:30 p.m.,

**Newton Free Library, 330 Homer St.** The Newton Department of Senior Services and the Newton Free Library co-sponsor an Annual Library Series that features expert panelists on current topics. September's theme is Lifelong Learning Options for Seniors in Newton and October's theme is Housing for Seniors in Newton. Open to all and no registration required. **For questions contact Ilana Levine at 617-796-1670.**



## AARP Smart Driver Program

Friday, September 11<sup>th</sup>, 10:30 a.m. to 3:30 p.m.

The Newton Senior Center is proud to host the AARP Smart Driver Program. AARP has offered safety refresher courses since 1979 to more than 11 million graduates. The aim is for older drivers to better understand the updated technologies in new vehicles, provide a refresher on the rules of the road, and learn strategies to compensate for age-related challenges in vision, hearing, or response time. There is no test to take and no actual driving, and a certificate of completion will be awarded to each participant. Please bring your lunch. Students must attend the entire class. Space is limited to 12 participants. **Register with Ilana Levine at 617-796-1670. \$15 for AARP members and \$20 for non-AARP members. Make check payable to AARP.**

## Broadway Seated Dance for Older Adults: Demo Class

Friday, September 11<sup>th</sup>, 12:30-1:15 p.m. What if you could dance to your favorite stage and movie musicals from the comfort of your chair? Have a ball dancing (and singing along!) to show tunes from the 1930's-1960's including My Fair Lady, Guys and Dolls, Chicago, The King and I, 42<sup>nd</sup> Street, Gypsy and more! We sprinkle in popular crooners like Frank Sinatra, Tony Bennett, Bing Crosby with The Andrew Sisters, Ella Fitzgerald, Motown and it's a dance party you'll never forget! Led by Phyllis Rittner, Trained Dancer and Performer and Certified Tai Chi for Arthritis Instructor. **Register with the Front Desk at 617-796-1660. Free.**

## A Matter of Balance: Managing Concerns about Falls

8 Fridays: September 11th, 18th, 25th, October 2nd, 9th, 16th, 23rd, 30th, 1:00-2:30 p.m.

Have you turned down a chance to go out with family or friends because you were concerned about falling? Have you cut down on a favorite activity be-

cause you might fall? Fear of falling can be just as dangerous as falling itself. People who develop this fear often limit their activities, which can result in severe physical weakness, making the risk of falling even greater. *A Matter of Balance* is designed to reduce the fear of falling and increase activity levels among older adults. Participants learn to set realistic goals to increase activity, change their environment to reduce fall risk factors, and learn simple exercises to increase strength and balance. This eight week series is sponsored by Newton-Wellesley Hospital. Call Wellness Center at 617-243-6221 for information. Space is limited to 16 participants; register early. **Register with the Front Desk by calling 617-796-1660. Free.**

## Watercolor Painting Workshop

4 Fridays: September 18<sup>th</sup>, September 25<sup>th</sup>, October 2<sup>nd</sup>, and October 9<sup>th</sup>  
1:30-2:30 p.m.

\$25 (all materials included) Come explore basic watercolor painting. We'll experiment using washes, wet on wet and dry brush techniques, while creating sunsets, landscapes, and abstracts. Linda Landsberg is a trained art educator who has a BS in art education. She has taught in the Needham and Sherborn Public Schools, the Needham Adult Ed program, and various senior facilities. Space is limited to 10 participants. **\$25. Register with Ilana at 617-796-1670 or ilevine@newtonma.gov.**

## Farm Sprouts!

Monday, October 5th, 10:00-11:00am Farm Sprouts is a program for children aged 2.5-5 with a caregiver. During our time together we will explore the wonderful world of pumpkins and other types of squash. At this event, to be held in the Senior Center Courtyard, we will compare the different types of squash, look for seeds, complete a simple craft project and share some short stories. We would like seniors to join us and share in the fun! Co-sponsored with Newton Community Farm. **Register with the Front Desk at 617-796-1660, Free.**

## Book and Tea Talk

Wednesday, September 16<sup>th</sup>, 1-2pm  
Presenter Rita Wolfson, artist and first time author, discusses her book *One Liners on Two Lines*, which combines her unique artwork with humorous yet poignant words of wisdom. Rita's book resulted from her tenure as a totally unprepared and non-professional nurse/caretaker. She relates how humor intervened and enabled her to overcome the many mishaps she encountered during that time. Enjoy tea and biscuits while Rita puts a smile on your face! **Register with the Front Desk at 617-796-1660. Free.**

## How Memory Changes with Age

Friday, September 25<sup>th</sup>, 1:00-2:30 p.m.  
As we get older, our minds and bodies change — and not necessarily in ways that we'd like! This talk will address how our memory changes (and can improve!) with age, and what you can do to keep it sharp in later years. Questions and discussion will follow the talk. Dr. Jonathan Jackson is a cognitive neuroscientist investigating behavioral, genetic, neurological, physiological, and cognitive changes as people get older as well as in individuals with Alzheimer's disease. He has particular expertise in cognitive topics such as attentional control, episodic memory, mindfulness meditation, and personality. He is currently a Research Fellow with Harvard Medical School at Massachusetts General Hospital, and at Brigham and Women's Hospital. **Register with the Front Desk at 617-796-1660. Free.**

## Learn How to Play Canasta

5 Wednesdays: Sept 30<sup>th</sup>, October 7<sup>th</sup>, October 14<sup>th</sup>, October 21<sup>st</sup>, October 28<sup>th</sup>  
10:00-11:30 a.m., \$45, All materials provided.

Looking for a fun card game to play when you get together with friends? Canasta is for you! Linda Lourie has been teaching Canasta for ten years at the Newton Senior Center, Cabot Park

Village, the Weston Senior Center, and she also teaches private groups. Register early; space is limited to 8 people. **Register with Ilana Levine at 617-796-1670. \$45.**

## Seniors doing their Piece (in the Peace Corps)

Tuesday, October 6<sup>th</sup>, 1:00-2:00 p.m.  
Join the Peace Corps for a fascinating talk and video about the role that older volunteers can play in the Peace Corp's mission. They can offer their host communities a lifetime of experience and knowledge and can make an instant impact during their Peace Corps service. They act as invaluable resources to younger volunteers, and help meet some of the high-level skills that host countries request. Peace Corps service is a great way for older Americans to continue their careers in a non-traditional environment. All are welcome to join this talk, including those who are simply interested in learning more about older volunteers in the Peace Corps. You will not want to miss this delightful presentation! **Register with the Front Desk at 617-796-1660. Free.**

## Poetry Writing Event

Tuesday, October 13<sup>th</sup>, 1:00-2:00 p.m.  
Location: **Temple Emanuel, 385 Ward Street, Newton Centre**

At this event, co-sponsored by the Newton Senior Center and the L'CHAIM Group at Temple Emanuel, members of the Newton South Poetry Club will share original poetry and read their favorite poems. Afterwards, the Newton South students will explain their writing process and give the attendees an opportunity to write their own poems -either free verse or Haikus- with the Newton South's Poetry Club members' assistance. Dessert provided from 2-2:30pm, following the program. If you have any questions about the event, call Tracy at L'CHAIM- 617-959-4928. **Register with the Senior Center Front Desk at 617-796-1660. Free.**

## Tiger's Loft Lunch

Tuesday, October 27<sup>th</sup>  
12:15-1:30 p.m., **Newton North High School's Tiger's Loft restaurant**  
Enjoy an amazing meal at Newton North High School's restaurant *The Tiger's Loft*, prepared by students in the culinary arts program. A shuttle will be provided between the Lowell Ave parking lot and the entrance to Tiger's Loft from 11:45 to 2:00. Space is limited to 15 people. **Contact Ilana Levine at 617-796-1670 to register. \$5.**

## Essential Legal Documents for Seniors

Wednesday, October 28<sup>th</sup>, 2:00-3:30 p.m.  
What's the difference between an Advanced Directive, a Health Care Proxy, a Living Will, a MOLST and a DNR? What's the best way to make sure YOUR wishes are followed? Learn about guardianships, conservatorships, and planning ahead to manage your affairs as you age. Alice Taylor is an attorney with a solo practice in Waltham, concentrating in estate planning, special needs and elder law, and probate/administration of decedents' estates. **Register with the Front Desk at 617-796-1660. Free,** thanks to the sponsorship of the MA Bar Association, which provides knowledgeable lawyers to speak pro bono every year.

## Autumn Cooking Demo

Wednesday, October 28<sup>th</sup>, 1:00-2:00 p.m.  
Come enjoy learning how to make (and eat!) a Sweet and Briny Brain Healthy Salad. This seemingly complex mixture of autumnal vegetables and spices is arranged in simple way to enhance each ingredient's unique flavor, texture and neurological benefit. Michael Bavuso is a Certified Executive Chef with over 35 years of experience at hotels, country clubs, and restaurants. **Register with the Front Desk at 617-796-1660. Free,** thanks to the sponsorship of the Residence at Watertown Square.

## Hearing Screening

### Hearing Awareness & Screening

Tuesday, September 8th and Tuesday, October 13th, 11:00am-noon

Attend a 15-minute hearing awareness presentation followed by a 5-minute screening with a representative from Mass Audiology. If you already have hearing aids, they can clean and replace the batteries. Registration required. Attendance at 11:00-11:15 presentation required for a hearing screening. **Call**

the Front Desk at 617-796-1660 to make a 5-minute appointment. Free.

### Low Vision Group

Monday, September 14th and Monday October 5th, 1:00-2:30 p.m.

All are welcome to attend this monthly group, sponsored by the Mass. Association for the Blind and Vision Impaired. For questions or more information, please contact Laurie Werle at 617-926-4268.

## Support Groups

### Parkinson's Support Group

Monday, September 28th and Monday, October 26th  
10:30-11:30 a.m.

People with Parkinson's Disease, caregivers and family members are all invited to attend. This is a forum to share experiences and learn from one another. Facilitated by James Demicco, retired primary care M.D. with a 10 year history of Parkinson's.

## Movie Matinee 1:00 P.M. TWO WEDNESDAYS PER MONTH

September 2nd

### *The Theory of Everything*

2014. PG-13. 123 mins. With his body progressively ravaged by ALS, world-famous physicist Stephen Hawking must rely on his wife, Jane, to continue his life's work as he faces various challenges. This affecting biographical drama centers on the couple's fertile partnership.



His home in disrepair, elderly farmer Craig Morrison must build a better shelter for his wife, whose health is deteriorating rapidly. He faces the wrath of an overzealous government inspector but refuses to back down.

October 7th

### *St. Vincent*

2014. PG-13. 102 mins. With his parents preoccupied with their divorce, lonely 12-year-old Oliver strikes up a friendship with his war-veteran neighbor Vincent. A hard-



drinking gambler with a fondness for hookers, Vincent finds his life changed by the boy's presence.

October 21st

### *American Sniper*

2014. R. 132 mins. Based on his memoir of the same name, this military biopic centers on legendary sniper Chris Kyle, who amassed a record number of kills on the battlefield during his 10-year career as a Navy SEAL.



September 23rd

### *Still Mine*

2013. PG-13. 103 mins.



## Parties and Performances

### Halloween Party and Concert

Friday, October 30th, 1:00 p.m.

Join us for a Halloween celebration featuring a concert by pianist Alan Pearlmutter and



clarinetist Linda Poland. Enjoy a retrospective from the 30's and 40's, including works by Cole Porter,



George Gershwin, Rodgers and Hammerstein, and Irving Berlin.

Enjoy live music while munching on Halloween candy! **Register with the Front Desk at 617-796-1660. Free**, thanks to the generous sponsorship of Golden Living-Chetwydne and Golden Living-West Newton.

### Ventriloquist/Musician Brian Tiernan Performance

Wednesday, September 9th, 2:00 p.m.



Do not miss this amazing show! Acclaimed ventriloquist Brian Tiernan's show features musical hits from the 50's and 60's, and classic ventriloquism reminiscent of the great ventriloquists of the Golden Age of Radio and TV. Brian Tiernan has worked as an actor on the daytime dramas All My Children, One Life to Live, and in the Broadway show Buddy, The Buddy Holly Story. **Register with the Front Desk at 617-796-1660. Free**, thanks to the generous sponsorship of Waban Health Center.



## MORE PROGRAMS

### Short Story Discussion Group

Thursdays, September 24th and October 29th,  
10:30 - 11:30 a.m.

This monthly group discusses one selected story. Copies of the next short story can be picked up at our reception desk. Facilitated by Ditta Lowy. Free.

### Book Club

Fridays, September 18th and October 16th,  
10:00 – 11:30 a.m.

In September, we will discuss *Bully Pulpit* by Doris Kearns. In October, we will discuss *Silent Wife* by A.S.A. Harrison. All are welcome! Free.

### Birthday Partys!

Tuesdays, September 15th and October 20th  
12:00pm

Come celebrate September and October birthdays! Enjoy cake and good cheer! All are welcome. Sponsored by Newton Health Care Center. If your birthday falls in these months, **register at the front desk, 617-796-1660**, so we can share a small gift. Free.

**Fitness Classes:** All are welcome! \$2 donation paid in each class unless otherwise noted. Drop in!  
\*\$3 class, °registration required

**Mondays**

8:45 a.m. Tai Chi\*  
10:00 a.m. Zumba Gold  
11:00 Ageless Grace  
12:45 p.m. Beyond  
Balance°  
2:00 p.m. Yoga: chair  
4:00 p.m. Nia

**Tuesdays**

9:00 a.m. Muscles &  
Movement  
10:30 a.m. Shimmy &  
Strength

**Wednesdays**

10:45 a.m. Beyond  
Balance°  
12:00 p.m. Zumba Gold

**Thursdays**

10:00 a.m. Beg. Tai Chi\*  
Sponsored in part by Wingate  
11:00 a.m. Tong Ren  
11:45 a.m. Tai Chi\*  
1:00 p.m. Yoga: chair  
2:00 p.m. Yoga: mats  
(mats provided)

**Fridays**

9:00 a.m. Muscles &  
Movement  
10:30 a.m. Shimmy &  
Strength

**Beyond Balance, \$50 for a discrete 8-week session; \$60 for 8 “flex” classes within 3 month-period; \$10 one-time drop-in**

*Mondays, 12:45 - 1:45 p.m.*

Current Session (6 classes left): Sept 21, Sept 28, Oct 5, Oct 19, Oct 26, Nov 2 (no class September 7, September 14, or October 12)

New session: Nov 9, Nov 16, Nov 23, Nov 30, Dec 7, Dec

14, Dec 21, Jan 4 (no class Dec 28)

*Wednesdays, 10:45 - 11:45 a.m.*

Current Session (5 classes left): Sept 9, Sept 16, Sept 30, Oct 7, Oct 14 (no class Sept 2 or Sept 23)

New Session: Oct 21, Oct 28, Nov 4, Nov 18, Dec 2, Dec 9, Dec 16, Jan 6 (no class Nov 11, Nov 25, Dec 23, or Dec 30)

## Fitness Class Program Descriptions

### Ageless Grace

Instructor: Mary Stevenson

Ageless Grace is a fitness and wellness program performed primarily while sitting in a chair. Although it is beneficial for everyone, this program is particularly good for those with limited mobility or strength.

### Beyond Balance

Instructor: Robin Resnick

Beyond Balance is a strength training class that targets all the major muscles in the body. In addition, there is a focus on exercises that enhance balance and core (abdominal) work.

### Muscles and Movement

Instructor: YMCA instructor

An hour-long strength and cardio workout, including warm-up and cool-down.

### Nia

Instructor: Mary Stevenson

Find out what everyone's talking about! Nia a full body workout that promotes flexibility, stability, and strength. Combining movements and concepts from yoga, tai chi, aikido, jazz and other movement forms, Nia offers traditional fitness benefits and relaxation. Led by Mary Stevenson, certified instructor. All are welcome!

### Shimmy and Strength

Instructor: YMCA instructor

An hour-long strength and dance workout: dance in the first half, strength in the second half.

### Tai Chi

Instructor: Aaron Crawford

Tai chi involves a series of movements performed in a slow, focused manner and accompanied by deep breathing. It is low impact and puts

minimal stress on muscles and joints.

### Tong Ren

Instructor: Aaron Crawford

Tong Ren is a powerful healing energy treatment used to help people restore their health. It is based on the principle that many diseases are caused by physical blockages that interrupt the body's natural flow of “chi.”

### Yoga

Instructor: Steffi Shapiro

These yoga classes place an emphasis on gradual stretching at your own pace, without stress or strain and integrating what is learned into a daily holistic lifestyle.

### Zumba Gold

Instructor: Mary Stevenson

A dance inspired workout for the young at heart! An hour-long cardio program set to upbeat Latin tunes.

## Art Classes: Check out new Oil Painting and Watercolor classes on page 3 of this newsletter!

### Ceramics, \$50 for an 8-week session

Thursdays, 12:30 - 2:00 p.m.

Current session: (6 classes remaining): Sept 3, Sept 24, Oct 1, Oct 8, Oct 15, Oct 22 (no class Sept 10 or Sept 17)

New session: Oct 29, Nov 5, Nov 12, Nov 19, Dec 3, Dec 10, Dec 17, Dec 24

Create 3D platters and sculptures or glaze molded pieces. Table top wheel and slab roller now available. Instructed by Bet Lee.

**Registration required and spots limited; call 617-796-1670. Payment is required to reserve a spot.**

### Drawing and Painting! Open Studio,

Free

Wednesdays, 9:30 - 11:30 a.m.

All are welcome to use the art room and work with fellow artists in our well-lit space. Local artist David Wenstrom offers instruction and guidance.



## Community Groups

### Newton Men's Club

*Second Thursday of the month at 9:30am*  
September 10th and October 8th, Johnny's Luncheonette, 30 Langley Road, Newton Centre



*Fourth Thursday of the month at 10:00am*  
September 24th and October 22nd, Newton Senior Center

Enjoy good conversation--all retired and semi-retired men are welcome! This club gives you the opportunity to meet with men with similar interests and backgrounds and others with varied interests and vastly differing backgrounds, but all will have an interesting story to tell.

### PACT (Pride, Aging, Community Together)

Tuesday, September 29th and  
Tuesday, October 27th, 6:30 p.m.

We'll enjoy dinner and conversation first, and then all who wish may gather for an LGBT-themed movie. \$6. RSVP to Ilana Levine 617-796-1670 or [ilevine@newtonma.gov](mailto:ilevine@newtonma.gov)



Would you like to be added to the PACT Email List so that you are notified of monthly gatherings? Contact Ilana at [ilevine@newtonma.gov](mailto:ilevine@newtonma.gov)

## Fall Trips

*A check and completed registration form will ensure your spot! Contact Ilana Levine (617-796-1670 or [ilevine@newtonma.gov](mailto:ilevine@newtonma.gov)) to register.*

### Fruitlands Museum

Thursday, September 17th  
Depart 8:45 a.m. return 3:30 p.m.



\$55 (lunch included) or \$35 (lunch on your own)

*Deadline to register is September 10th*

We will explore the Fruitlands Museum, founded in 1914 by Clara Endicott Sears. The Fruitlands takes its name from an experimental Utopian Community led by Bronson Alcott and Charles Lane which took place on this site in 1843. After a guided tour of the exhibits on the Fruitlands campus, we will enjoy a catered lunch overlooking the absolutely spectacular grounds of the Nashoba Valley!

*Included:* Guided docent tour of museum, transportation to and from the museums via coach bus, driver's tip, and optional lunch cooked by chefs at Gibbet Hill Grill.

### Castle in the Clouds and Hart's Turkey Farm

Thursday, October 1st  
Depart at 8:00 a.m. return 5:30 p.m.  
\$78 per person (lunch is included)



*Deadline to register is September 17th; 40 people required for this trip to run*

We will make our way north with Silver Fox Tours for a de-

lightful day amidst the scenic fall splendor of New Hampshire. This is the perfect time to view the fall foliage!

We will have a full course luncheon at Hart's Turkey Farm. After lunch, we will enjoy the beauty of the Lakes Region, touring the estate of eccentric millionaire Thomas Plant's Castle in the Clouds. This magnificent 5200 acre estate commands a panoramic view of Lake Winnepesaukee and the surrounding mountains, meadows, and streams. The Castle is a truly unique experience!

*Included:* Guided tour of Castle in the Clouds, transportation to and from the museums via coach bus, driver's tip, and full lunch at Hart's Turkey Farm.

### Newport Playhouse & Cabaret

Thursday, November 12th  
Depart at 9:15 a.m., return 6:15 p.m.  
\$78 per person (lunch is included)

*Deadline to register is October 22nd*

We will head to the Newport Playhouse for an extensive and hearty buffet which includes BBQ chicken, spaghetti and meatballs, a salad bar, a full dessert table, and much more. After our delicious lunch, we will stroll to the intimate theatre for a performance of "Remember Me?" a play about what happens to a marriage when an old boyfriend shows up. After the play, we will be treated to a delightful and fun-filled musical cabaret!

*Included:* Reserved seats to the performance and cabaret, transportation to and from the Playhouse via coach bus, driver's tip, and a full buffet lunch.



## With Gratitude

• In honor of Vera Wood from Barbara Brilliant • Bea Carp and Ann Pollack in thanks for Alexi's book • Thanks to The Lions Club for a generous donation to the Newton Senior Center • In honor of Etta Byer's birthday from Bea Carp • Jan Schafer in thanks for the SHINE program • Stanley and Cynthia Pearlstein in thanks for Durable Medical Equipment • Jean Meiselman in memory of Margaret Mashihoff • Joan Starkman in memory of James Poppleton • *In memory of Susan Nesson, Bea Carp's daughter: Vera and John Wood* • Pearl Rosenthal • Maria Mazzola • Lucy Bedigian • Lucy Giordano • In honor of Buena Pearlman's birthday from Ena Lorant

## Upper Falls and South Side Senior Groups

Anita Sheehan hosts two groups for older adults at Parks and Recreation buildings, one in Newton Upper Falls at the Emerson Center and the other on the South Side at the Shuman Center, 675 Saw Mill Brook Parkway. Meet new people in these neighborhoods. All seniors are welcome!

**Upper Falls:** Wednesdays, 10:00- 11:30 a.m.

*Bingo:* September 9th, September 23rd, September 30th, October 7th, October 28th

*Left, Right, Center dice game:* September 16th, October 21st *Entertainment:* October 14th

**South Side:** Thursdays, 9:30 – 11:00 a.m.

*Bingo:* September 10th, September 24th, October 1st, October 8th, October 15th, October 29th

*Left, Right, Center dice game:* September 17th, October 22nd

## Transportation

### Newton Department of Senior Services Transportation Program (Yellow Voucher System)

The City of Newton is almost totally accessible to you by our transportation program! Transportation is offered Monday through Friday between the hours of 8:00 a.m. and 5:00 p.m. You must be 60+ and a Newton resident. For more information, and specific destinations, visit [newtonseniors.org](http://newtonseniors.org) or contact Alice Bailey, 617-796-1664.

A grey star throughout this newsletter signifies that transportation is provided by the Yellow Voucher System!



## City of Newton Parks and Recreation 55 and over programs

**Paint Bar: Tuesday, October 13th** In a relaxed social setting with great music, our fabulous instructors will guide you step-by-step through your session's painting. Absolutely no experience is necessary! At the end of the session you'll be amazed at the artwork you've created. Check out pictures from our first trip to the Paint Bar on our Facebook page to see what fun we had! Still not sure? Non registered folks are welcome to come and watch! Location 823 Washington Street Newtonville: Time: 1:30 PM Cost: \$36.00

### **Halloween Costume Party: Friday Night, October 30<sup>th</sup> 6-10PM**

Halloween line dance party at the Post 440! Join us for dancing and munchies. Prizes awarded to best costume. Tickets must be purchased in advance. \$10.00 Contact Nancy at 617-796-1506

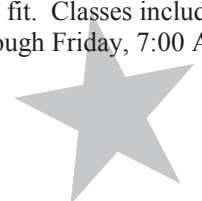
**Bowling League:** Bowling is back! Nothing sounds better than a strike! Bowling is a great indoor sport that provides exercise, camaraderie and fun. We can't think of a better way to start each week. Join us on Mondays at Lanes & Games in Cambridge. Play begins at 9:30 am; cost is \$15 per week and includes strings, shoes and prize money. Let's have a ball!

**Ballroom and Line Dance Social** Line dancing will lift your spirits and release tension. It is a replenishing activity that gives you energy. During a 1-1/2 to 2 hour line dance session, one can do as many as 3,000 steps, which translates into about 750-800 calories burned. In fact, it burns as many calories as walking, swimming or bicycling! Join us at the Post 440 on Thursdays from 1:00-3:30 PM.

**Dance & Wellness** Multiple dance classes are available throughout the year to keep folks happy, active and fit. Classes include Jazzercise, Scottish Country Dance, Line Dance, Tap Dance and Zumba. Our walking group meets Tuesday through Friday, 7:00 AM. Indoor Pickleball at the Hawthorne gym, Thursdays 10-11 AM. All programs require registration.

**Registration is required for all activities**

**Call 617-796-1506**



**Don't Ignore Your Medicare Mail!**

It's that time of year again! If you have a Medicare Prescription Drug Plan or a Medicare Advantage Plan (HMO, PPO), you should be receiving information from your plan by the end of September. It is important to understand and save this information because it explains the changes in your plan for 2016. During the annual Medicare Open Enrollment (**October 15 - December 7**), you will have a chance to change your plan for next year. SHINE Counselors can help you understand your plan changes, as well as other options you may have. Call early to get a SHINE appointment during Open Enrollment! Do not wait until it's too late!

Trained SHINE volunteers offer free, confidential counseling on all aspects of Medicare and related health insurance programs. To schedule a SHINE appointment, call the Newton Senior Center at 617-796-1660. For other SHINE related matters, call 1-800-AGE-INFO (1-800-243-4636), then press or say 3. Once you get the SHINE answering machine, leave your name and number. A volunteer will call you back as soon as possible.

**Do you have an emergency kit and a plan?**

Being prepared for an emergency means having a supply kit, an emergency plan and being informed. It may take time for emergency responders to reach everyone who needs help during a disaster. If you have a kit, a plan and are informed, you can take care of yourself until responders are able to provide additional resources. While preparing may sound overwhelming, you have probably done this if you have stocked up before a blizzard. Being more prepared is about collecting your supplies into one place in advance and reaching out to friends and family who can support your emergency plan. Plan for at least 48 to 72 hours.

Here are a few ideas for an **emergency kit**: Water, 1 gallon per person, per day; Non-perishable food such as canned goods, energy bars and dried fruit; First Aid kit, whistle, flashlight; Battery or hand crank radio, extra batteries; Important documents such as deeds, bank information, identification and Will; Medication, be sure to rotate the supply; Pet food and supplies. Here are a few things to think about when making an **emergency plan**: Make a paper list of phone numbers, addresses and email addresses of people in your support network. Do not rely on electronics to store information. If you use an elevator, consider how you would evacuate if it is unusable. Plan with a neighbor to look out for each other. Choose an out of state contact person for everyone in your network to call. It is often easier to call out of state during a disaster. **Stay informed** through local television, radio stations and the City of Newton website: [www.newtonma.gov](http://www.newtonma.gov)

**There will be no Health Maintenance clinics in September or October. We plan to resume the clinics in November. Please be on the lookout for flu clinic dates and times to get your flu shot! The schedule will be posted soon.**

**Senior Center Scenes**

The *Crossing Generations* club at Newton South High School held a "Back to the 60's Party" outside the Newton Senior Center on June 12th. We tie dyed, ate cupcakes, danced to 60's music, and played magic tricks! A fantastic time was had by all!

**Mayor's Office for Cultural Affairs****Newtonville Village Day & Jazz Festival**

Sunday, September 27th, 12:00 p.m.—5:00 p.m.

Walnut Street between Washington St. & Washington Park

Live entertainment on two sound stages, sponsored by New England Jazz Productions, local dance studios & martial arts academies. Craft vendors & information booths. Kids' activities. Gift certificates and promotions from local restaurants and merchants, and featuring the Green Solutions Expo. [www.newtoncommunitypride.org](http://www.newtoncommunitypride.org) Questions? Contact Joy Huber at [joyhuber13@gmail.com](mailto:joyhuber13@gmail.com)

**Harvest Fair**

Saturday, October 17th and Sunday, October 18th, 10:00 a.m.-4:00 p.m.

Newton Center, Langley Rd. & Centre St.

Kiddie amusement rides, face painting & sand art. **Sunday only:** Free pumpkin decorating; 100 handmade & international craft vendors & informational booths, ethnic & American food; live entertainment all day, with performances by local musicians & dance studios [www.newtoncommunitypride.org](http://www.newtoncommunitypride.org) Questions? Call Linda Plaut or Jean Smith at 617-796-1540.

The Senior Citizens Fund of Newton  
PO Box # 600488  
Newtonville, MA 02460

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### Newton Department of Senior Services

Phone 617-796-1660 Fax 617-969-9560

[www.newtonseniors.org](http://www.newtonseniors.org)

Monday - Friday, 8:30 a.m. - 4:00 p.m.



#### Staff: 617-796-XXXX

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Lucy Bedigian, Lunch Site Manager, 1668

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Linda Johnson, Administrative Assistant, 1665

Emily Kuhl, Case Manager, 1672

Ilana Levine, Program Coordinator, 1670

Sandy Lopes, Case Manager, 166

Rachel Nenner-Payton, Dir. of Social Services, 1282

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Tom Shoemaker

Ellen Wade

#### Mission

The mission of the Department of Senior Services is to optimize quality of life for older adults and those who support them through welcoming, respectful and meaningful opportunities that engage and value older people, and empower them to remain independent and to be important assets in our community.

#### Vision

To provide sustained leadership that helps Newton be a livable and age friendly community for all who choose to age here.

#### Statement of Welcome

The Newton Department of Senior Services welcomes the diversity of our senior community and strives to reflect our values of inclusion and mutual respect through supportive services, programs and advocacy.

*The Newton Senior Center/Council on Aging is a program of the Department of Senior Services, with funding made possible by the Newton Community Development Block Grant Program (CDBG). The publication of Coming of Age is sponsored by the Executive Office of Elder Affairs and the Senior Citizen Fund of Newton, Inc.*